

Weekly Health Talks

What Doctor Pierce Has Done for Humanity

BY DOCTOR CRIPPS.

It has always seemed to me that Dr. Pierce, of Buffalo, N. Y., should be placed near the top when a list of America's great benefactors is written. He studied and conquered human diseases to a degree that few realize. Whenever he found a remedy that overcame disease, he at once announced it in the newspapers and told where it could be bought at a small price. He did not follow the usual custom of keeping the ingredients secret, so that the rich only could afford to buy the medicine, but openly printed the name of each root and herb he used. And so today the names of Dr. Pierce and his medicines are widely known, and they stand for better health and better citizenship.

One of this great physician's most successful remedies is known as Dr. Pierce's Pleasant Pellets. These are little, sugar-coated pills, composed of Mayapple, leaves of aloe, root of jalap—things that Nature grows in the ground. These Pellets are safe because they move the bowels gently, leaving no bad after-effects, as so many pills do. Very often they make a person who takes them feel like a new man or woman, for they cleanse the intestines of hard, decayed and poisonous matter that accumulates when one is constipated. If you are constipated, by all means go to your druggist and get some of Dr. Pierce's Pleasant Pellets. They may prove to be the very thing your system requires to make you well and happy.

According to government figures, California last year produced more than half the beans in the United States.

Lives 200 Years!

For more than 200 years, Haarlem Oil, the famous national remedy of Holland, has been recognized as an infallible relief from all forms of kidney and bladder disorders. Its very age is proof that it must have unusual merit.

If you are troubled with pains or aches in the back, feel tired in the morning, headaches, indigestion, insomnia, painful or too frequent passage of urine, irritation or stone in the bladder, you will almost certainly find relief in GOLD MEDAL Haarlem Oil Capsules. This is the good old remedy that has stood the test for hundreds of years, prepared in the proper quantity and convenient form to take. It is imported direct from Holland laboratories, and you can get it at any drug store. It is a standard, old-time home remedy and needs no introduction. Each capsule contains one dose of five drops and is pleasant and easy to take. They will quickly relieve those stiffened joints, that backache, rheumatism, lumbago, sciatica, gall stones, gravel, brick dust, etc. Your money promptly refunded if they do not relieve you. But be sure to get the genuine GOLD MEDAL brand. In boxes, three sizes.—Adv.

Cheerfulness is also an excellent wearing quality. It has been called the bright weather of the heart.—Samuel Smiles.

The charm of a bathroom is its spotlessness. By the use of Red Cross Ball Blue, all cloths and towels retain their whiteness until worn out. 5c.

A train of thoughts is the real thing in rapid transit.

Take care of your health and wealth will take care of you. Garfield Tea promotes health.—Adv.

The man who does the least talking often has the most to say.

Back Lame and Achy?

There's little peace when your kidneys are weak and while at first there may be nothing more serious than dull backache, sharp, stabbing pains, headaches, dizzy spells and kidney irregularities, you must act quickly to avoid the more serious trouble, dropsy, gravel, heart disease, Bright's disease. Use Doan's Kidney Pills, the remedy that is so warmly recommended everywhere by grateful users.

A Kansas Case

W. C. Lines, 702 Illinois St., Neodesha, Kan., says: "The first symptom of my trouble was dizzy spells and I often got so bad that I had to stop work, as my head ached intensely. I also suffered from a deep-seated pain above my hips, which continued day and night. Doan's Kidney Pills were recommended to me and it wasn't long after using them before all symptoms of the trouble were removed."

Get Doan's at Any Store, 60c a Box. **DOAN'S KIDNEY PILLS** FOSTER-MILBURN CO., BUFFALO, N. Y.

Deep-Seated Colds develop serious complications if neglected. Use an old and time-tried remedy that has given satisfaction for more than fifty years.

PISCO'S

SEE CANADA LANDS

Inspection of Choice Farm Acres Will Be Profitable.

Cost Only a Trifle Compared to Possible Benefit to Be Derived—"Ye Happy Fields, Unknown to Noise and Strife, The Kind Rewarders of Industrial Life"—John Gay.

There are thousands today looking for farms to buy, and with the hundreds of thousands of acres offered for sale, there is no lack of opportunities. But there are all classes of lands, good, bad, and indifferent, much of each. The government of the Dominion of Canada has no land for sale, but within the boundaries of the Dominion there are unlimited acres of choice land owned by railway and land companies and private individuals. It holds no brief for any, nor are any of them clients. But it is to the interest of the Dominion to have the hundreds of thousands of acres placed under cultivation, for every acre thus cultivated adds to the revenue which helps pay the government of the country. It is with the purpose of setting forth the agricultural advantages that Canada, especially Western Canada, possesses, that attention is drawn to the fact. The purpose is to place before the reader truthful statements, and advise the prospective settler as to the necessity to investigate and inspect, leaving to his own deduction the matter of his selection. Once he decides, the government will render him any further information necessary as to location, prices and value of land, and assist him in every way possible to become settled.

The cost of a trip to Western Canada, to any portion of the three provinces—Manitoba, Saskatchewan and Alberta—specially indicated in this work, is but a trifle compared with the benefits that a personal inspection may give. Therefore the advice is to do so. Low rates on railways will be arranged and every opportunity afforded for giving the country a thorough and careful examination. It may be that you wish an improved farm, all ready for occupation and cultivation; you may want raw prairie, which only requires plowing and the other preparation necessary for a seed bed, leaving it to yourself to erect your buildings, sink your well, prepare your garden, and ascertain how close you are to school, church, town and market. You may wish to go into mixed farming, combining the raising of stock with the growing of grain. In this case you will look out for some shelter from sun, wind and storm, and want a farm a portion of which may be cultivated for grain, and pasture fields connected with it. You may make this out of the open level prairie, but you will do better to secure a partially wooded lot, where water and pasture are already at hand. You may wish to go into the raising of cattle, or sheep alone; then you will care less for the open prairie, but select something that may cost you less in the more northerly districts. No matter what you may want, unless it be land upon which to grow cotton, bananas or other tropical or semi-tropical products, your inspection trip will reveal to you that Western Canada possesses possibilities beyond which any literature you may read advises you.—Advertisement.

Hark!

A combination of telephone, microphone and phonograph has been invented in France for transmitting sounds to distant points or to several points at once.

Got 117 Eggs Instead of 3

Says One Subscriber

Any poultry raiser can easily double his profits by doubling the egg production of his hens. A scientific tonic has been discovered that revitalizes the flock and makes hens work all the time. The tonic is called "More Eggs." Give your hens a few cents' worth of "More Eggs," and you will be amazed and delighted with results. A dollar's worth of "More Eggs" will double this year's production of eggs, so if you wish to try this great profit maker, write E. J. Reefer, poultry expert, 711 Reefer Bldg., Kansas City, Mo., who will send you a package of "More Eggs" Tonic for \$1.00 (prepaid). So confident is Mr. Reefer of the results that a million dollar bank guarantees if you are not absolutely satisfied, your dollar will be returned on request and the "More Eggs" cost you nothing. Send a dollar today, or send \$2.50 and get 3 regular \$1.00 packages on special discount for a full season's supply, or ask Mr. Reefer for his free poultry book that tells the experience of a man who has made a fortune out of poultry.

One subscriber says, "More Eggs" increased my supply from 3 to 117 eggs." Adv.

Keep the table sugar in a large salt-shaker, and you will be surprised how much you save.

Coated tongue, vertigo and constipation are relieved by Garfield Tea.—Adv.

A girl who is truly modest doesn't feel called upon to blush when there is no occasion for it.

THE KITCHEN CABINET

For thy sake
The woven arches of her forests
breathe
Perpetual anthems, and the blue skies
smile
Between, to heal thee with their infinite
hopes.

SEASONABLE DISHES.

Carrots are so commonly ignored and are such a good, wholesome vegetable that we should give them more attention and serve them at least once a week on our tables.

Flemish Carrots.
—Cut the carrots in thin, narrow strips, using a vegetable

cutter so that they will be of uniform thickness. Letting them stand, if at all wilted, in cold water for a time will make them crisp and fresh. For a pint of carrots melt a tablespoonful of butter or substitute in a saucepan, add one-fourth of a cup of chopped onion and half a teaspoonful of sugar. Cover and let cook very slowly, using care not to scorch them; when the onion is yellow add one cupful of beef broth and simmer until the onion is tender, then the cooked carrots; sprinkle with chopped parsley and serve at once.

Maple Rice Pudding.—Boil one-fourth of a cupful of rice until soft; scald two cupfuls of milk in a double boiler; stir a tablespoonful and a half of cornstarch in half a cupful of maple sirup and stir into the hot milk; when the mixture thickens, cover and let cook 15 minutes; add the rice well dried, with the grains distinct, and beat in the yolks of the two eggs, beaten light. Turn into a baking dish. Beat the whites of two eggs very light, then beat in slowly one-fourth of a cupful of maple sirup and spread over the pudding; let it cook about 12 minutes in a moderate oven.

Maple Sirup Frosting.—Put two-thirds of a cupful of maple sirup and the white of an egg into a double boiler. When the water is rapidly boiling in the lower part set in the sirup and egg; beat and cook, stirring continuously for eight minutes. Remove from the water and beat until cool enough to spread. Corn sirup may be used instead of maple sirup, adding chopped figs or dates and a teaspoonful of vanilla. Honey may also be used as above, using one tablespoonful less of honey.

True there are neighbors with notes in their eyes;
Let's be consistent and not criticize.
True there be many afflicted with daws;
But let's not judge them, because—well because.

GOOD THINGS FOR THE TABLE.

It will be years, and perhaps longer, before we will feel the freedom of the old days in regard to foods of various kinds. We have learned to sacrifice much that we thought indispensable but which has proven a blessing in results, as we feel better, work better, and will live longer because of the giving up the "overeating habit." Plain foods, well served and not too great a variety at any meal, is the order of the day.

Chili Con Carne.—This dish may be made with green beans, dried or canned. Canned kidney beans are especially good. Take a pint of beans without the liquid. Cut one pound of round steak in strips an inch long and one-fourth inch wide. Let brown in a frying pan. Skim out the meat, add to the fat two fair-sized onions cut fine and cooked until yellow. Add a can of tomatoes and heat to the boiling point; add the beans, a teaspoonful of salt and half a teaspoonful of paprika and pour over the meat. Simmer gently in an earthen dish or casserole. Simmer gently three hours. Twenty minutes before serving, add one-half a green pepper cut in shreds and more salt and pepper if needed. Serve in a dish with a border of boiled rice or of mashed potato.

Poultry With Vegetables.—Dredge a fowl with rye or oat flour, put four tablespoonfuls of fat in a roaster, set in the fowl, cover and cook, turning often to see that it browns evenly. When well browned add a cupful of boiling water and six parboiled onions; cover and cook, adding more water if needed. Turn the chicken several times and when it is nearly tender add a cauliflower, broken in flowerets, and two or three carrots cut in cubes. Cook until the vegetables are tender. Serve the fowl in the center of a platter with the vegetables around it. Make a gravy from the broth in the pan.

Nellie Maxwell

Kentucky = The Home of Attractive Women

Looking their Best all the Time is the Chief Business of the Blue Grass Belles.

The Secret of Their Beauty

It is health, robust health, that is responsible for the Kentucky girl's good looks. If she gets sick, she proceeds to get well. Possessed of health, she knows that personal charm and attractiveness need not worry. They are hers. That is the secret.

The story of Mrs. Hattie Hamilton, 817 Myrtle Avenue, Latonia, Kentucky, is typical. She says: "I have never in all my life, until recently, weighed over 102 pounds. Finally, I began to take Peruna. My weight now is 120. While I didn't really need it, I have started on the third bottle. Peruna has certainly done me a great deal of good and I recommend it to my friends. Several are the amount of dependence placed by women everywhere upon Dr. Hartman's World Famous Peruna. For forty-five years it has been a household remedy for coughs, colds, catarrh and all catarrhal inflammation whether

of the respiratory system, stomach or other organ or part of the body. The record of Peruna for nearly a half century is a startling one. Thousands have discovered and testify to its marvelous merit. Peruna is sold everywhere. May be purchased in either liquid or tablet form. Your dealer has it. Ask for Dr. Hartman's well-known Peruna Tonic. Do not accept a substitute or 'something just as good.' Insist upon Peruna.

If you are sick and suffering from any cause whatever, write The Peruna Company, Dept. 76, Columbus, Ohio, for Dr. Hartman's Health Book. The book is free and may help you. Ask your dealer for a Peruna Almanac.

BLACKMANS MEDICATED SALT BRICK

STOCK LICK IT **STOCK LIKE IT**

FOR HORSES, CATTLE, SHEEP & HOGS

CONTAINS COPPERAS FOR WORMS, SULPHUR FOR THE BLOOD, SALT PETER FOR THE KIDNEYS, RUX VONICA A TONIC AND PURE DAIRY SALT. USED BY VETERINARIANS 12 YEARS.

BLACKMAN STOCK REMEDY COMPANY Chattanooga, Tenn.

Admired His Pluck.

"Well," said Uncle St. Bruggins after a solo by a fashionable church choir tenor, "if that ain't the rudest thing I ever saw. Just as soon as that young man began to sing, every other member of the choir stopped. But he went through with it, and I must say I admire his spunk."—Boston Transcript.

KIDNEY TROUBLE OFTEN CAUSES SERIOUS BACKACHE

When your back aches, and your bladder and kidneys seem to be disordered, go to your nearest drug store and get a bottle of Dr. Kilmer's Swamp-Root. It is a physician's prescription for ailments of the kidneys and bladder.

It has stood the test of years and has a reputation for quickly and effectively giving results in thousands of cases. This preparation so very effective, has been placed on sale everywhere. Get a bottle, medium or large size, at your nearest druggist.

However, if you wish first to test this preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

A Good One.

"Did you make any New Year's resolutions?"
"Yes; one not to make any."

GREEN'S AUGUST FLOWER

Has been used for all ailments that are caused by a disordered stomach and inactive liver, such as sick headache, constipation, sour stomach, nervous indigestion, fermentation of food, palpitation of the heart caused by gases in the stomach. August Flower is a gentle laxative, regulate digestion both in stomach and intestines, cleans and sweetens the stomach and alimentary canal, stimulates the liver to secrete the bile and impurities from the blood. Sold in all civilized countries. Give it a trial.—Adv.

Iron Men.

"I have very few acquaintances, but I've got about 3,000 friends." "Where are they?" "In the bank."

Important to Mothers

Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the Signature of *Dr. J. C. Fletcher*. In Use for Over 30 Years. Children Cry for Fletcher's Castoria

Its Fate.

"Do you think the conquered nations ought to be dismembered?" "Well, I think Turkey ought."

Cuticura Soothes Itching Scalp. On retiring gently rub spots of dandruff and itching with Cuticura Ointment. Next morning shampoo with Cuticura Soap and hot water. Make them your every-day toilet preparations and have a clear skin and soft, white hands.—Adv.

Saving time does not mean making new minutes, but making the most of the old ones.

Don't envy others; get busy and envy you.

When Your Eyes Need Care
Try Murine Eye Remedy
No Smarting—Just Eye Comfort. 60 cents at Druggists or Mail. Write for Free Eye Book. **MURINE EYE REMEDY CO., CHICAGO**

No Chance for Him.

When you see a man who is willing to let well enough alone you see one who will never occupy any of the room at the top.

Cure pimple, headache, bad breath by taking May Apple, Aloe, Jalap rolled into tiny sugar pill called Doctor Pierce's Pleasant Pellets. Adv.

Some men do some mighty queer stunts for the purpose of keeping their names before the public.

Stop Losing Calves You can Stamp Abortion Out of YOUR HERD and Keep It Out

By the use of **DR. DAVID ROBERTS' "Anti-Abortion"**
Small Expense. Sure Results. Used successfully for 30 years. Consult Dr. DAVID ROBERTS about all animal ailments. Information free. Send for FREE copy of "The Cattle Specialist" with full information on Abortion in Cows. DR. DAVID ROBERTS' VETERINARY CO., 100 Grand Ave., Waukegan, Wis.

Bring Your Friends Along
I am well pleased with EATONIC, and it surely does just what it says it will. I can recommend it highly, because my customers come back for more and not only praise it, but bring or send their friends for it. An old gentleman 87 years old says, "I would get indigestion so bad, thought I would die, would have to get a physician and be in bed from one to three days; in July I got EATONIC and have not had a spell since, nor a physician and I know EATONIC has kept me well." J. E. PROCTOR, Druggist, Worcester, Mass.

After meals eat one **EATONIC** FOR YOUR STOMACH'S SAKE
Removes Heartburn, Indigestion, that full feeling, almost instantly; drives gas out of body and the bloot with it. All Druggists.

HEART DISEASE. \$2.50 TRIAL FREE.
The heart is the great specialist, will send a new and remarkable Special Treatment Free to those having Palpitation, Nervous Heart, Dropsical, Weak, Fatty or Nervous Heart, Short Breath, Palpitation, Smothering, Irregular Pulse, Pain, Swollen Ankles, etc. Wonderful cures. Many so-called "Incurable," reported cured after 10 to 15 days. Write now for Two Pounds Free Trial Book and astonishing Testimonials. Address, DR. FRANKLIN MILES, Dept. H., 242 to 252 Franklin St., Elkhart, Indiana.

PARKER'S HAIR BALM
A toilet preparation of merit. Helps to strengthen hair, and restores color and beauty to Gray or Faded Hair. 50c. and \$1.00 at Druggists.

LISTEN! Buy your Roof, Metal and Barn Paints direct from manufacturer, the perfect 6-year guarantee. Address CARBOL PAINT COMPANY, 417 Finance Bldg., Kansas City, Mo.

TOBACCO Rippe Kentucky Leaf, chewing, smoking, 50c lb. No less than 6 lbs. Include postage. J. B. Megalar, Franklin, Ky.

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FOR YOUR OLD COOK STOVE, HEATER, FURNACE. If your local dealer does not handle our repairs write us. **HOOVER STOVE REPAIR CO.** 201-205 W. 20th St. Kansas City, Mo.

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